

THE ALMANACK OF NAVAL RAVIKANT

A. WEALTH:

a. Building Wealth:

- i. Making money is not a thing you do—it's a skill you learn.

ii. Wealth vs. Money vs. Status:

- Wealth is having assets that earn while you sleep.
- Money is the medium of exchange for wealth.
- Status is your social standing.

iii. Ethical Wealth Creation:

- Understand that ethical wealth creation is possible.
- Provide society with what it wants but doesn't yet know how to get.

iv. Long-Term Thinking:

- Choose industries and partners for long-term success.
- Ignore status games and focus on wealth creation games.

v. Ownership and Leverage:

- Ownership of equity in a business is crucial for financial freedom.

- Leverage comes from specific knowledge, accountability, and strategic partnerships.

vi. Specific Knowledge and Skills:

- Pursue specific knowledge and skills that cannot be easily replaced.
- Learn to sell and build to become unstoppable.
- Develop expertise in a niche and leverage it for success.

vii. Capital and Labor:

- Use capital and labor as forms of leverage.
- Code and media offer permissionless leverage for wealth creation.

viii. Continuous Learning and Improvement:

- Read, do, and learn continuously to improve judgment and skills.
- Be too busy for unproductive activities and focus on becoming the best in your field.

ix. Long-Term Perspective and Authenticity:

- Productize yourself by combining uniqueness, leverage, accountability, and specific knowledge.
- Understand the difference between wealth and money, focusing on creating assets that generate passive income.

x. Technology and Innovation:

- Identify technological advancements and innovations that society will demand.

- Scale your solutions to meet widespread demand and achieve wealth.

xi. Summary: Productize Yourself:

- Align your skills and passions with scalable solutions for long-term wealth creation.

b. Becoming the best in the world at what you do. Keep redefining what you do until this is true

i. Specific Knowledge and Sales Skills:

- Sales skills are a form of specific knowledge.
- Natural talent in sales can be honed through learning and practice.
- Specific knowledge is unique to individuals and can be identified through innate talents and interests.

ii. Discovering Your Specific Knowledge:

- Specific knowledge often stems from childhood interests and talents.
- It's found by pursuing genuine curiosity and passion rather than following trends or investor advice.
- Being authentic and unique is key to escaping competition.

iii. Utilizing the Internet and Niche Interests:

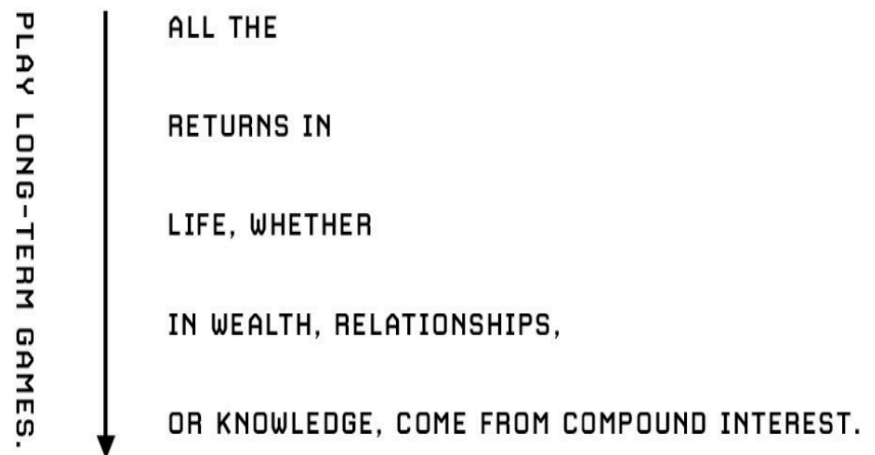
- The internet broadens career opportunities, allowing individuals to scale niche interests.
- Authenticity is a competitive advantage, as no one can replicate your unique expression.

iv. Continuous Learning and Adaptability:

- Perpetual learning is crucial for staying relevant and adapting to changing industries.
- Foundations, such as basic numeracy and communication skills, are essential for success.
- Mastery requires depth in one or two areas of obsession rather than being superficially knowledgeable in many areas.

PLAY LONG-TERM GAMES.

ALL THE
RETURNS IN
LIFE, WHETHER
IN WEALTH, RELATIONSHIPS,
OR KNOWLEDGE, COME FROM COMPOUND INTEREST.



c. Compound Interest in Life

i. Wealth, Relationships, and Knowledge:

- Compound interest applies to various aspects of life beyond capital, including relationships and reputation.
- Building trust and integrity over time leads to compounded returns in business relationships.

- Long-term partnerships and relationships yield significant returns due to compounded trust and mutual benefit.
- Recognizing trustworthy individuals and investing deeply in such relationships is crucial for long-term success.

ii. Reputation:

- Cultivating a sterling reputation over time can lead to exponential returns.
- Investing in one's reputation consistently over decades can result in substantial value.

iii. Relationships:

- Deep, long-lasting relationships based on trust and mutual benefit are key to earning compound interest in personal and professional life.
- The compounding effect in relationships is evident when trust is established and negotiations become seamless due to mutual understanding.
- Accountability and Leverage

d. Accountability and Leverage

i. Risk and Accountability:

- Embracing accountability is essential for gaining leverage and reaping rewards in business.

- Personal accountability entails taking risks and accepting responsibility for outcomes, whether positive or negative.

ii. Ownership and Financial Freedom:

- Owning equity in a business is crucial for attaining financial freedom.
- Passive income derived from business ownership surpasses the limitations of wage work.

iii. Forms of Leverage:

- Labor, capital, Books and code/media are primary forms of leverage in modern society.
- Each form of leverage offers distinct advantages and scalability, with code/media being the most democratic and permissionless.

iv. Independence and Output Accountability:

- Optimizing for independence over pay allows for greater control of time and output accountability.
- Leveraged workers with specific knowledge and output-focused accountability can outperform traditional labor-based roles significantly.

e. Judgment and Compensation

i. Getting Paid for Judgment:

- Aspiring to be compensated for unique knowledge and judgment rather than labor is ideal.
- Demonstrated judgment, credibility, and accountability are critical for earning substantial compensation.

ii. Value of Judgment:

- Small differences in judgment can lead to significant disparities in compensation, especially in high-leverage roles.
- Extreme proficiency and expertise in one's field are crucial for maximizing returns in the age of leverage.

f. SOLVE VIA ITERATION THEN GET PAID VIA REPETITION:

i. Iteration and Persistence:

- **Importance of Iteration:** Success often comes after multiple attempts and failures. Each failure teaches valuable lessons and builds resilience.
- **Slow and Steady Growth:** Wealth and success are usually the result of consistent, incremental progress rather than one big break.

ii. Value of Time:

- **High Personal Hourly Rate:** Value your time highly and make decisions based on this valuation. This perspective helps prioritize activities that are truly valuable and impactful.
- **Focus on Big Decisions:** Spend significant time making major life decisions about where to live, who to be with, and what to do, as these will profoundly shape your life.

iii. Avoiding Status Games:

- **Negative Impact of Status Games:** Engaging in status games can make you combative and detract from more meaningful pursuits. Focus on positive-sum games where everyone can benefit.
- **Wealth vs. Status:** Strive to create wealth and opportunities rather than competing for status, which is often zero-sum.

iv. Authenticity and Passion:

- **Finding Work That Feels Like Play:** Success is easier to achieve and sustain when you enjoy what you do. Passion fuels persistence and creativity, making competition less relevant.

- **Building Authenticity:** Be authentic and find what you can do better than anyone else. Authenticity attracts opportunities and aligns with genuine interests.

v. **Decision Making and Strategy:**

- **Helping Others:** Figure out what you're good at and help others with it. This builds a positive reputation and attracts reciprocal opportunities.
- **Reputation and Integrity:** Cultivate a reputation for integrity and reliability. Over time, this will attract opportunities and collaborations.

vi. **Luck and Preparation:**

- **Types of Luck:** Understand and leverage different types of luck—blind luck, luck through hustle, luck through preparation, and luck that comes from unique character traits.
- **Creating Luck:** Position yourself to capitalize on luck by becoming excellent in your field and building a unique brand or skill set.

vii. Long-term Thinking:

- **Patience and Long-term Success:** Great outcomes often come from great people over long timescales. Be patient and persistent.
- **Avoiding the Hedonic Treadmill:** Maintain a fixed lifestyle to avoid constantly escalating desires, which can lead to dissatisfaction despite increasing wealth.

viii. Retirement and Freedom:

- **Redefining Retirement:** True retirement is when you stop sacrificing today for tomorrow and live a life you enjoy. This can be achieved by having enough passive income, lowering your lifestyle, or doing work you love.
- **Money as a Means to Freedom:** Use money to buy freedom, not to chase endless desires. Freedom includes the ability to do what you want and to be free from unwanted obligations.

ix. Practical Advice:

- **Early Career Moves:** Take early opportunities in smaller companies for faster promotions and valuable networks. The alumni network you build can be crucial for future success.

- **Networking:** Focus on making something interesting that attracts people naturally rather than forced networking.

x. **Overarching Philosophy:**

- **Positive Sum Games:** Aim to create win-win situations where everyone benefits, fostering long-term success and collaboration.
- **Artistic Creation:** View business and creation as art, something done for its own sake and enjoyment, which paradoxically can lead to greater success.

xi. **Final Takeaways:**

- **Consistency and Integrity:** Consistent effort and maintaining integrity are essential for long-term success.
- **Self-Worth and Respect:** Maintain self-respect by aligning actions with your values, which in turn builds a reputation that attracts success.

B. BUILDING JUDGEMENT:

- a. You don't get rich by spending your time to save money. You get rich by saving your time to make money.

- b. In an age of average, one correct decision can with everything. Without hard work, you'll develop neither judgement nor leverage.
- c. "Clear thinker" is a better compliment than "smart". Clear thinker appeal to their own authority.
- d. What we wish to be true clouds our perception of what is true. Suffering is the moment when we can no longer deny reality.
- e. What you feel tells you nothing about the facts-it merely tells you something about your estimate of the facts.
- f. A contrarian isn't one who always objects—that's a conformist of a different sort. A contrarian reasons independently from the ground up and resists pressure to conform.
- g. Cynicism is easy. Mimicry is easy. Optimistic contrarians are the rarest breed.
- h. Any belief you took in a package (ex. Democrat, Catholic, American) is suspect and should be re - evaluated from base principles.
- i. To be honest, speak without identity.
- j. Facebook redesigns. Twitter redesigns. Personalities, careers, and teams also need redesigns. There are no permanent solutions in a dynamic system.
- k. **TENSION IS WHO YOU THINK YOU SHOULD BE.**
RELAXATION IS WHO YOU ARE.

- i. Almost all the biases time -saving heuristics. For important decisions, discard memory and identity, and focus on the problems.
- ii. I would combine radical honesty with an old rule Warren Buffett has, which is praise specifically (person who is the best example of what you're praising and praise the person, specifically. Then people's egos and identities, which we all have, don't work against you. They work for you.), criticize generally (general approach or criticize the class of activities) .
- iii. The more you know, the less you diversify.

COLLECT MENTAL MODELS:

- iv. "Mental models are really just compact ways for you to recall your own knowledge."
- v. I think a lot of modern society can be explained through evolution. One theory is civilization exists to answer the question of who gets to mate. If you look around, from a purely sexual selection perspective, sperm is abundant and eggs are scarce. It's an allocation problem.
- vi. Literally all of the works of mankind and womankind can be traced down to people trying to solve this problem.
- vii. Evolution, thermodynamics, information theory, and complexity have explanatory and predictive power in many aspects of life.

viii. **Inversion**: eliminate what's not going to work

ix. **Complexity Theory**: I believe we are fundamentally ignorant and very, very bad at predicting the future.

- **Complex Systems**:

- a. Definition: Systems with numerous interacting components where the interactions lead to emergent behaviors not predictable from the properties of individual parts.

- b. Examples: Economies, ecosystems, social networks, the human brain.

- **Emergence**:

- a. Definition: The phenomenon where larger entities, patterns, and regularities arise through interactions among smaller or simpler entities that themselves do not exhibit such properties.

- b. Example: Ant colonies exhibit complex behaviors such as foraging and building, which emerge from simple rules followed by individual ants.

- **Non-linearity**:

- a. Definition: The output of a system is not directly proportional to its input, often leading to unpredictable and disproportionate effects.
 - b. Example: Small changes in the initial conditions of weather systems can lead to vastly different outcomes (the "butterfly effect").
- Adaptation and Self-Organization:
 - a. Definition: Systems can adapt to changes in their environment and organize themselves without central control.
 - b. Example: Markets adjust to supply and demand without a central planner, through the individual actions of buyers and sellers.
- Feedback Loops:
 - a. Positive Feedback: Reinforces a condition (e.g., compound interest).
 - b. Negative Feedback: Stabilizes a condition (e.g., thermostat regulation).
- x. **ECONOMICS:** Microeconomics and game theory are fundamental. I don't think you can be successful in business or even navigate most of our modern capitalist society without an

extremely good understanding of supply -and - demand , labor - versus -capital , game theory, and those kinds of things.

xi. PRINCIPAL-AGENT PROBLEM:

- The principal-agent problem is a fundamental issue in microeconomics, crucial for understanding business and personal success. The core idea is that principals (owners) have a vested interest in the outcome and will therefore perform tasks with care and dedication. In contrast, agents (those acting on behalf of owners) may not have the same level of commitment, potentially leading to suboptimal performance because they prioritize their own interests over the principal's.
- Julius Caesar's quote, "If you want it done, then go. And if not, then send," encapsulates this concept, suggesting that personal involvement ensures better results. In smaller companies, individuals often feel more like principals, which motivates them to do better work.
- The solution to the principal-agent problem lies in aligning the agent's compensation with the value they create, effectively making them feel like principals. This alignment reduces the agent's tendency to act in their own interest at the expense of the principal's goals.

- Despite the apparent understanding of this issue, modern society and media often emphasize the importance of agents, suggesting they are necessary and knowledgeable, potentially downplaying the inherent issues within the principal-agent dynamic.

xii. COMPOUND INTEREST, BASIC MATH, BLACK SWANS, CALCULUS

- xiii. **FALSIFIABILITY:** If You Can't Decide, The Answer is No.
- xiv. **RUN UPHILL:** If you have two choices to make, and they're relatively equal choices, take the path more difficult and more painful in the short term.
- xv. What are the most efficient ways to build new mental models?
- Read a lot—just read. Reading science, math, and philosophy one hour per day will likely put you at the upper echelon of human success within seven years.

READING

- xvi. "When it comes to reading, make sure your foundation is very, very high quality."
- xvii. "Any book that survived for two thousand years has been filtered through many people. The general principles are more likely to be correct."

- xviii. "Read originals and read classics."
- xix. "Reading science, math, and philosophy one hour per day will likely put you at the upper echelon of human success within seven years."
- xx. "Read the greats in math, science, and philosophy. Ignore your contemporaries and news. Avoid tribal identification. Put truth above social approval."
- xxi. "Read what you love until you love to read."
- xxii. "I could not tell you specific passages or quotes from books. At some deep level, you absorb them, and they become threads in the tapestry of your psyche. They kind of weave in there."
- xxiii. "Read enough, and you become a connoisseur. Then you naturally gravitate more toward theory, concepts, nonfiction."
- xxiv. "I probably read one to two hours a day. That puts me in the top .00001 percent. I think that alone accounts for any material success I've had in my life and any intelligence I might have."

C. HAPPINESS

a. Happiness:

- i. "The fundamental delusion: There is something out there that will make me happy and fulfilled forever."
- ii. "Happiness is internal. That conclusion set me on a path of working more on my internal self

and realizing all real success is internal and has very little to do with external circumstances.”

- iii. “The most important trick to being happy is to realize happiness is a skill you develop and a choice you make. You choose to be happy, and then you work at it.”
- iv. “You can very slowly but steadily and methodically improve your happiness baseline, just like you can improve your fitness.”
- v. “Whatever happiness means to me, it means something different to you. I think it’s very important to explore what these definitions are.”
- vi. “Today, I believe happiness is really a default state. Happiness is there when you remove the sense of something missing in your life.”
- vii. “We are highly judgmental survival-and-replication machines. We constantly walk around thinking, ‘I need this,’ or ‘I need that,’ trapped in the web of desires. Happiness is the state when nothing is missing. When nothing is missing, your mind shuts down and stops running into the past or future to regret something or to plan something.”
- viii. “In that absence, for a moment, you have internal silence. When you have internal silence, then you are content, and you are happy.”
- ix. “The fewer desires I can have, the more I can accept the current state of things, the less my mind is moving, because the mind really exists in motion toward the future or the past. The more present I am, the happier and more content I will be.”

- x. "Happiness to me is mainly not suffering, not desiring, not thinking too much about the future or the past, really embracing the present moment and the reality of what is, and the way it is."
- xi. "Everything is perfect exactly the way it is. It is only in our particular minds we are unhappy or not happy, and things are perfect or imperfect because of what we desire."
- xii. "Happiness is what's there when you remove the sense that something is missing in your life."

b. Acceptance

- i. In any situation in life, you always have three choices: you can change it, you can accept it, or you can leave it.
- ii. If you want to change it, then it is a desire. It will cause you suffering until you successfully change it. So don't pick too many of those. Pick one big desire in your life at any given time to give yourself purpose and motivation. Why not two? You'll be distracted. Even one is hard enough.
- iii. What is not a good option is to sit around wishing you would change it but not changing it, wishing you could leave it but not leaving it and not accepting it. That struggle or aversion is responsible for most of our misery.

c. Wellbeing

- i. I only really want to do things for their own sake. This is one definition of art.
- ii. Don't take yourself too seriously, you're just a monkey with a plan.
- iii. Not in some cosmic, karma kind of way, Naval believes deep down we all know who we are.

You cannot hide anything from yourself. Your own failures are written within your psyche, and they are obvious to you. If you have too many of these moral shortcomings, you will not respect yourself. The worst outcome in this world is not having self-esteem. If you don't love yourself, who will?

- iv. Your real resume is just a catalog of all your suffering. If I ask you to describe your real life to yourself, and you look back from your deathbed at the interesting things you've done, it's all going to be around the sacrifices you made, the hard things you did.
- v. What making money will do is solve your money problems. It will remove a set of things that could get in the way of being happy, but it is not going to make you happy. Naval tells he knows many very wealthy people who are unhappy. Most of the time, the person you have to become to make money is a high-anxiety, high-stress, hard-working, competitive person. When you have done that for twenty, thirty, forty, fifty years, and you suddenly make money, you can't turn it off. You've trained yourself to be a high-anxiety person. Then, you have to learn how to be happy.
- vi. It's actually really important to have empty space. If you don't have a day or two every week in your calendar where you're not always in meetings, and you're not always busy, then you're not going to be able to think. You're not going to be able to have good ideas for your business. You're not going to be able to make good judgements. Naval also encourages taking at least one day a week (preferably two,

because if you budget two you'll end up with one) where you just have time to think.

- vii. It's only after you're bored you have the great ideas. It's never going to be when you're stressed, or busy, running around or rushed. Make the time.

d. Meditation

- i. The first thing to realize is you can observe your mental state.
- ii. Meditation doesn't mean you're suddenly going to gain the superpower to control your internal state. The advantage of meditation is recognizing just how out of control your mind is. It is like a monkey flinging feces, running around the room, making trouble, shouting, and breaking things. It's completely uncontrollable. It's an out of-control madperson.
- iii. You have to see this mad creature in operation before you feel a certain distaste toward it and start separating yourself from it. In that separation is liberation. You realize, "Oh, I don't want to be that person. Why am I so out of control?" Awareness alone calms you down.
- iv. Life-hack: When in bed, meditate. Either you will have a deep meditation or fall asleep. Victory either way.

e. Peace

- i. A lot of us have this low-level pervasive feeling of anxiety. If you pay attention to your mind, sometimes you're just running around doing your thing and you're not feeling great, and you notice your mind is chattering and chattering about something. Maybe you can't sit still... There's this "nexting" thing where you're sitting

in one spot thinking about where you should be next.

- ii. It's always the next thing, then the next thing, then next thing after that, then the next thing after that creating this pervasive anxiety.
- iii. It's most obvious if you ever just sit down and try and do nothing. As long as the "monkey brain" keeps throwing us thoughts, we cannot have our peace.
- iv. A happy person isn't someone who's happy all the time. It's someone who effortlessly interprets events in such a way that they don't lose their innate peace.
- v. The fundamental delusion: There is something out there that will make me happy and fulfilled forever.

f. Envy

- i. The enemy of peace of mind is expectations drilled into you by society and other people. We're like bees or ants. We are such social creatures, we're externally programmed and driven. We don't know how to play and win these single-player games anymore. We compete purely in multiplayer games.
- ii. The reality is life is a single-player game. You're born alone. All your memories are alone. You're gone in three generations, and nobody cares. Before you showed up, nobody cared. It's all single player.
- iii. One day, Naval realized with all these people he was jealous of, he couldn't just choose little aspects of their life. He couldn't say I want his body, I want her money, I want his personality. You have to be that person. Do you want to actually be that person with all of their

reactions, their desires, their family, their happiness level, their outlook on life, their self-image? If you're not willing to do a wholesale, 24/7, 100% swap with who that person is, then there is no point in being jealous.

g. Addition

- i. "Intellect without experience is often worse than useless."
- ii. Improved judgement comes from experience.
- iii. Intellect can give you confidence with some credibility, but if you never had your skin in the game and did not experience and learn things yourself "you're just throwing darts in the dark..."
- iv. People with the best judgment are actually among the least emotional.
- v. "The thing that prevents you from seeing what's actually happening are your emotions; emotions constantly cloud our judgment"

h. Summing up:

- i. *Wisdom* is knowing the long-term consequences of your actions. Wisdom applied to external problems is *judgement*.
- ii. * Wisdom comes from experience
* Judgement is the exercise of wisdom
* You're accountable for your judgement
* Experience can be accelerated by short iterations

i. The Last Note

- i. "Everything is more beautiful because we're doomed. You will never be lovelier than you are now, and we will never be here again." - Homer, The Iliad.

D. SAVING YOURSELF:

- a. All you should do is what you want to do. If you stop trying to figure out how to do things the way other people want you to do them, you get to listen to the little voice inside your head that wants to do things a certain way. Then, you get to be you.
- b. Your goal in life is to find the people, business, project, or art that needs you the most. There is something out there just for you. What you don't want to do is build checklists and decision frameworks built on what other people are doing. You're never going to be them. You'll never be good at being somebody else.
- c. To make an original contribution, you have to be irrationally obsessed with something.
- d. When everyone is sick, we no longer consider it a disease.
- e. Dietary fat drives satiety. Dietary sugar drives hunger. The sugar effect dominates. Control your appetite accordingly.
- f. Most fit and healthy people focus much more on what they eat than how much. Quality control is easier than (and leads to) quantity control.

g. MIND & MEDITATION:

i. The Power of Meditation

- **Breath as a Gateway:** Meditation often emphasizes breath control because it

bridges the autonomic and voluntary nervous systems. Controlling breath can influence the autonomic functions of the body.

- **Mind-Body Connection:** Through breath and meditation, the mind can reroute resources to the body, potentially enhancing the immune system and overall health.
- **Mental Resource Allocation:** Relaxed breathing signals safety to the body, reallocating energy from the forebrain to the hindbrain, boosting the immune system.

ii. Influence of Wim Hof

- **Cold Exposure:** Hof advocates for cold exposure to reconnect with the natural environment and activate the immune system.
- **Cold Showers:** Using the Wim Hof breathing method (hyperventilation to raise core temperature) facilitates enduring cold showers, demonstrating the principle that suffering often stems from avoidance rather than the experience itself.

iii. Meditation as Mental Fitness

- **Intermittent Fasting for the Mind:** Meditation, like dieting, involves periods of undistracted self-examination, reducing

mental clutter and promoting mental fitness.

- **Types of Meditation:**

- a. **Choiceless Awareness:** Observing without judgment, fostering acceptance and peace.
- b. **Transcendental Meditation:** Using repetitive chanting to create mental white noise.
- c. **Insight Meditation:** Observing thoughts to recognize and dissolve fear-based reactions.
- d. **Surrender Meditation:** Spend an hour daily sitting quietly, allowing thoughts to arise and resolve naturally.

iv. Practical Applications

- **Daily Practice:** Regular meditation, especially for an hour each morning, helps achieve mental clarity and resolve deep-seated issues.
- **Control of Mental State:** Awareness of the mind's uncontrollable nature can lead to separation from it, providing mental liberation.
- **Debugging Mode:** Observing and questioning one's thoughts (running in "debug mode") can help focus on the present and reduce unnecessary mental activity.

v. Awareness and the Ego

- **Multilayered Consciousness:** Separate the calm, peaceful core awareness from

the anxious 'monkey mind.' Activate the latter only when necessary.

- **Living in the Present:** Minimizing the overactive mind and staying in the present can enhance contentment and reduce anxiety.
- **Spiritual Teachings:** Many spiritual practices emphasize that we are more than our thoughts and habits; we are a level of awareness that can be trained.

vi. Mind Control and Conditioning

- **Emotional Mastery:** With awareness and intent, one can recondition the mind, control moods, and respond to situations deliberately.
- **Meditation as a Practice:** Effective meditation is done for its own sake, turning off societal influences and listening to oneself.

vii. Meditation Techniques and Insights

- **Hiking as Walking Meditation:** Engaging in activities like hiking can serve as a form of meditation by fostering mindfulness and presence.
- **Gratitude Meditation:** Praying can be seen as a form of meditation focused on gratitude.
- **Accidental Meditation:** Everyday activities like showering can inadvertently lead to a meditative state.
- **Direct Meditation:** Simply sitting quietly is a direct approach to meditation, allowing

the mind to settle and insights to arise naturally.

viii. It's almost like you're taking yourself out of a certain frame and you're watching things from a different perspective even though you're in your own mind. **Buddhists talk about awareness versus the ego.**

ix. Impatience with actions, patience with results.

x. When you do them, you want to do them as quickly as you can while doing them well with your full attention. But then, you just have to be patient with the results because you're dealing with complex systems and many people.

xi. It takes a long time for markets to adopt products. It takes time for people to get comfortable working with each other. It takes time for great products to emerge as you polish away, polish away, polish away. Impatience with actions, patience with results. As Nivi said, inspiration is perishable. When you have inspiration, act on it right then and there

h. TIME:

i. The current environment programs the brain, but the clever brain can choose its upcoming environment.

ii. **If there's something you want to do later, do it now. There is no "later."**

- iii. Grind and sweat, toil and bleed, face the abyss. It's all part of becoming an overnight success.
- iv. The hardest thing is not doing what you want—it's knowing what you want.
- v. Advice to my younger self: "Be exactly who you are."
- vi. Holding back means staying in bad relationships and bad jobs for years instead of minutes.
- vii. My old definition was "freedom to." Freedom to do anything I want. Freedom to do whatever I feel like, whenever I feel like. Now, the freedom I'm looking for is internal freedom. It's "freedom from." Freedom from reaction. Freedom from feeling angry. Freedom from being sad. Freedom from being forced to do things. I'm looking for "freedom from," internally and externally, whereas before I was looking for "freedom to."
- viii. Courage isn't charging into a machine gun nest. Courage is not caring what other people think.
- ix. Anger is a loss of control over the situation. Anger is a contract you make with yourself to be in physical and mental and emotional turmoil until reality changes.
- x. Once you've truly controlled your own fate, for better or for worse, you'll never let anyone else tell you what to do. **A taste of freedom can make you unemployable.**

xi. A busy mind accelerates the passage of subjective time.

xii. The modern struggle:

- Lone individuals summoning inhuman willpower, fasting, meditating, and exercising...
- Up against armies of scientists and statisticians weaponizing abundant food, screens, and medicine into junk food, clickbait news, infinite porn, endless games, and addictive

i. PHILOSOPHY:

i. The real truths are heresies. They cannot be spoken. Only discovered, whispered, and perhaps read.

ii. what is the meaning and purpose of life?

- It's personal. You have to find your own meaning.
- There is no meaning to life.
- The more complex system you create, whether it's through computers, civilization, art, mathematics, or creating a family—you actually accelerate the heat death of the Universe. You're pushing us towards this point where we end up as one thing.

iii. LIVE BY YOUR VALUES:

- Before you can lie to another, you must first lie to yourself.
- I don't believe in any short -term thinking or dealing.
- I don't believe in anger anymore

iv. RATIONAL BUDDHISM:

- “The rational part means I have to reconcile with science and evolution. I have to reject all the pieces I can't verify for myself.”
- “If I can't verify it on my own or if I cannot get there through science, then it may be true, it may be false, but it's not falsifiable, so I cannot view it as a fundamental truth.”
- “On the other side, I do know evolution is true. I do know we are evolved as survival and replication machines. I do know we have an ego, so we get up off the ground and worms don't eat us and we actually take action. Rational Buddhism, to me, means understanding the internal work Buddhism espouses to make yourself happier, better off, more present and in control of your emotions—being a better human being.”
- “Try everything, test it for yourself, be skeptical, keep what's useful, and discard what's not.”

- “The older the question, the older the answers.”
- v. “Everything is more beautiful because we’re doomed. You will never be lovelier than you are now, and we will never be here again.”
- vi. Inspiration is perishable—act on it immediately.
- vii. Everyone starts out innocent. Everyone is corrupted. Wisdom is the discarding of vices and the return to virtue, by way of knowledge.

E. B